

(5)

except for one who emulates
the footsteps of the
Messenger (Sallallahu
Alaihi Wassalam)

So, when I am not
following the path of
the Messenger and b.
conform to his actions and b.
upon Him

then Allah places an
illness upon me (of pattern)
in order for me to recover
from my spiritual crash/
breakage

The best example I
can give is like, my spiritual
practice is like a helicopter
taking off into flight
vertically and requiring
to learn vertically in the
same exact place of safety
that Allah has created for
it. But instead, I land
diagonally in the wrong
spiritual place the way on